

## COVID-19 GUIDELINES

### Effective May 25, 2022, children in recreational camp settings should follow the below protocols:

- A rapid antigen test, such as a self-test, is preferred to a PCR test in most situations for the purposes of exiting isolation or quarantine.
- To count days for quarantine and isolation, Day 0 is the date of exposure for close contacts, and for positive cases is the first day of symptoms OR the day the day positive test was taken, whichever is earlier.
- Masking is never required in these settings while the individual is eating, drinking, sleeping, or outside.
- These settings are not required to conduct contact tracing as a standard practice, but must continue to work with their Local Board of Health in the case of outbreaks.
- While masks are not required in these settings, any individual who wishes to continue to mask, including

### COVID-19 Symptoms

- Fever (100.0° Fahrenheit or higher), chills, or shaking chills
- Difficulty breathing or shortness of breath
- New loss of taste or smell
- Muscle aches or body aches
- Cough (not due to other known cause, such as chronic cough)
- Sore throat, *when in combination with other symptoms*
- Nausea, vomiting, *when in combination with other symptoms*
- Headache, *when in combination with other symptoms*
- Fatigue, *when in combination with other symptoms*
- Nasal congestion or runny nose (not due to other known causes, such as allergies), *when in combination with other symptoms*

### Isolation and Quarantine Guidance and Protocols:

- Quarantine for asymptomatic exposed children, regardless of where the exposure occurred, is no longer required for these settings. Children who are identified as close contacts may continue to attend programming as long as they remain asymptomatic. Those who can mask should do so until Day 10. A test on Days 2 and 5 is recommended, but not required.
- Children who test positive must isolate for at least 5 days. If they are asymptomatic or symptoms are resolving and they have been fever free for 24 hours, they may return to programming after Day 5, provided:
  - If the child is able to mask, they must do so through Day 10.
  - If the child is unable to mask, they must have a negative test on Day 5 or later in order to return to programming prior to day 11.
- Symptomatic children can remain in their program if they are tested immediately onsite, and that test is negative. Best practice would also include wearing a mask, if possible, until symptoms are fully resolved.
  - If the symptomatic child cannot be tested immediately, they should be sent home and allowed to return to their program or school if they test negative, or they have been fever-free for 24 hours without the use of fever-reducing medication and their symptoms have resolved, or if a medical professional makes an alternative diagnosis. A negative test is strongly recommended for return if the latter two conditions are met.

## If You Test Positive for COVID-19

If you test positive for COVID-19 on either a rapid antigen or PCR test, you are required to self-isolate – **whether you are vaccinated or not**. Do not leave your home, except to get medical care. Do not visit public areas. Self-isolation means separating yourself from others to keep your germs from spreading. Regardless of vaccination status, all individuals who test positive should avoid people who are at high risk of severe disease for 10 days.

Able To Mask	Isolation Guidance
Yes	<ul style="list-style-type: none"><li>• Stay home and isolate for at least the first 5 days</li><li>• If you never had symptoms or symptoms are improving,* may resume most usual activities (except those that do not allow mask wearing) on day 6**</li><li>• Wear a mask around others for 10 days (including in the household)</li></ul>
No	<ul style="list-style-type: none"><li>• Stay home and isolate for 10 days</li><li>• If you never had symptoms or symptoms are improving*, you may resume usual activities on day 11</li><li>• Wear a mask around others in the household for 10 days</li></ul>

\*Note: If you have or develop symptoms, you must continue to stay home, potentially beyond the 5 or 10 days, until you have not had a fever for 24-hours without the use of fever reducing medicine and your other symptoms are improving.

\*\* Testing during isolation is not required. If you test on day 5 and are positive, you must continue to isolate. You may choose to retest sometime between days 6-9 and can resume normal activities while wearing a mask when you test negative or isolate for the full 10 days without retesting.

\*\*\*Whether the individual is unable to consistently wear a mask due to young age or medical or behavioral condition

### Days To Isolate

- **Day 0**, first day of symptoms OR day the positive test was taken, whichever is earlier
- **Days 1-4**, continue to isolate
- **Day 5**, last day of Isolation if asymptomatic or symptoms are improving
- **Day 6**, leave isolation (if you are able to wear a mask at all times when around other people, including in your household, through day 10).

**While everyone must isolate if required, individuals may be able to return to childcare, school or a healthcare job sooner under certain conditions.** See guidance on return to work, school and childcare, below.

\*Note: If you have or develop symptoms, you must continue to stay home, potentially beyond the 5 or 10 days, until you have not had a fever for 24-hours without the use of fever reducing medicine and your other symptoms are improving.

\*\* Testing during isolation is not required. If you test on day 5 and are positive, you must continue to isolate. You may choose to retest sometime between days 6-9 and can resume normal activities while wearing a mask when you test negative or isolate for the full 10 days without retesting.

\*\*\*Whether the individual is unable to consistently wear a mask due to young age or medical or behavioral condition

## Days To Isolate

- **Day 0**, first day of symptoms OR day the positive test was taken, whichever is earlier
- **Days 1-4**, continue to isolate
- **Day 5**, last day of Isolation if asymptomatic or symptoms are improving
- **Day 6**, leave isolation (if you are able to wear a mask at all times when around other people, including in your household, through day 10).

**While everyone must isolate if required, individuals may be able to return to childcare, school or a healthcare job sooner under certain conditions.** See guidance on return to work, school and childcare, below.

Vaccination Status	Able To Mask	Quarantine Guidance
Not Up-To-Date on COVID-19 vaccination	Yes	<ul style="list-style-type: none"><li>• Quarantine for 5 days after the exposure.</li><li>• Wear a mask during quarantine and for an additional 5 days when around others (including in the household).</li><li>• Take a rapid antigen or PCR test on day 5. If positive test, follow Isolation Guidance.</li><li>• Isolate and take a rapid antigen or PCR test anytime symptoms develop. If positive test, follow Isolation Guidance.</li></ul>
	No	<ul style="list-style-type: none"><li>• Quarantine for 10 days after the exposure.</li><li>• Can end quarantine prior to day 10 if test negative on or after Day 5.</li><li>• If positive test, follow Isolation Guidance. If no test on or after day 5, must quarantine full 10 days.</li><li>• Isolate and take a rapid antigen or PCR test anytime symptoms develop. If positive test, follow Isolation Guidance.</li></ul>

\* **"Up-to-date"** on COVID-19 Vaccinations is defined as:

- Completed the primary series of Pfizer, Moderna or J&J vaccine AND a booster dose OR
- Completed the primary series of Pfizer or Moderna vaccine within the last 5 months OR
- Completed the primary series of J&J vaccine within the last 2 months

\*\* Whether the individual is unable to consistently wear a mask due to young age or medical or behavioral condition.

## Days to Quarantine

- **Day 0**, day of Exposure
- **Days 1-4**, continue to quarantine
- **Day 5**, continue to quarantine and get tested if you haven't had symptoms
- **Day 6**, you can leave quarantine but must continue to wear a mask at all times when around other people (including in your household) through day 10
- **Day 10**, last day of quarantine

**While everyone must quarantine if required, individuals may be able to return to childcare, school or a healthcare job sooner under certain conditions.** See guidance on return to work, school, and childcare, below.

## Return To Work Guidance

All business sectors must comply with general isolation and quarantine guidance before returning to a work setting.

All other business sectors aside from school, childcare, and certain healthcare settings must comply with **general isolation and quarantine guidance outlined above** before returning to work